

# IOTA SIGMA CHAPTER NEWSLETTER

SPRING NEWSLETTER | APRIL 2021 EDITION

# Sigma

## Iota Sigma Chapter

### Iota Sigma Board Members 2020-2021



In Photo (left to right, top to bottom rows): Jenny Chuang, Christine Lee, Patricia Esslin, Debbie Clausen, Lydia Usry, Vicky Bowden, Anita Boling, Viann Duncan, Marie Podboy, Marilyn Klakovich, Rose Liegler

NEWSLETTER EDITOR:

**JENNY CHUANG | RN, BSN |**

**CO-VICE PRESIDENT OF SIGMA THETA TAU INTERNATIONAL IOTA SIGMA CHAPTER**

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# PRESIDENT'S MESSAGE

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## Iota Sigma Chapter President's Message

Happy Spring to all of our chapter membership! I hope you are doing well at this time. We have all been through quite a lot over the past Year of the Nurse. We are committed to excellence, we change lives and advance healthcare, we are a Sigma nurse, and the future of nursing. My prayer for all of us is to continue our presence, excellent practice, and leadership as we move forward.

It was so great to see many of you at our first *LIVE* Virtual Induction this past March 27, 2021. In case you missed it: [Spring 2021 LIVE Virtual recording](#). A warm welcome to Iota Sigma Chapter is extended to our newest **78 members!** Please check out this [SIGMA New Member and Resources page](#). If you are interested in becoming a chapter volunteer or student intern, send us an email: [iotasigma@apu.edu](mailto:iotasigma@apu.edu)

I am completing multiple required chapter documents as we approach the end of our fiscal year. As I mentioned during the Induction, without the opportunity for face-to-face events, we have lost the usual abilities to fundraise and I am reminding you that you can donate to Iota Sigma Chapter Scholarship funds by emailing the current Treasurer at [lreed@apu.edu](mailto:lreed@apu.edu) for further instructions. Our Scholarship funds have decreased as we continue to award well-deserved scholarship recipients.

This July 2021, ends my two-year term as your chapter president and your new president will be Dr. Lydia Garcia-Usry commencing July 1, 2021! I look forward to her leadership and am excited to see what she has in store for us! I want to take this time to say how honored and grateful I am to have been given the opportunity to be your president. I have grown personally, professionally, and spiritually during my tenure.

Thank you to the current Board Members: Dr. Lydia Garcia-Usry (President-elect), Dr. Debbie Clausen and Jenny Chuang (Co-vice-presidents); Dr. Lynda Reed (Treasurer), Dr. Vicky Bowden (Secretary), Marie Podboy (Governance Chair), Viann Duncan and Dr. Rose Liegler (Co-counselors), Dr. Anita Boling (Leadership Succession Chair), Tiffany Montes (Immediate Past-president), and essential non-board members: Dr. Marilyn Klakovich (Research Chair), Christine Lee (Leadership Succession Committee Member), our chapter interns past and present: Adelina Alejos RN, BSN; Karen Dahlia RN, BSN; Julia Menrad, RN, BSN; Sara Taylor RN, BSN; Lily Montoya SN; Alice Song SN – all for being **exceptionally essential** in their efforts while providing assistance and encouragement to me. All of which to benefit your Iota Sigma Chapter. The chapter is all about you, the membership.

Please watch your email for the Iota Sigma election ballot. We need your votes! You must be an active chapter member to vote. Please be sure to look at the committees and add your name so that you can directly participate with your chapter.

Thank you for allowing me to lead your Chapter for the past two years. It has been an honor.

Sincerely,

~Patricia Esslin PhD., APRN-CNS, CNE Iota Sigma Chapter President 2019-2021

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# INTERNAL CHAPTER CHALLENGE : SIGMA FOUNDATION FOR NURSING

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**Iota Sigma members – Annual Internal Chapter Challenge: Donate to *Sigma Foundation for Nursing***  
by Dr. Patricia Esslin PhD., APRN-CNS, CNE President ('19-21)

Once again, Iota Sigma is holding our internal chapter challenge in an attempt to raise funds for Sigma Foundation. This is a reminder of The Sigma Foundation opportunity to donate today and further their mission: ...supports Sigma through active fundraising and conscientious stewardship. Sigma Foundation for Nursing “empowers nurses to contribute to our shared global agenda to increase access to high-quality and cost-effective health services.” The Foundation for Nursing is developing every generation of nurse leaders. Your donations fund grants and critical resources that make it possible to improve lives and that is what we, as nurses do, improve lives!

As we approach 2021 International Nurse’s Day, I would like to encourage you to match my personal donation of **\$75** to the Sigma Foundation for Nursing by May 12, 2021, International Nurse’s Day. Let’s see how much our chapter membership can help the cause this year. Make a donation of \$100 and you will be recognized as a 100<sup>th</sup> Anniversary Donor and recognized by Sigma President Richard Ricciardi in the President’s Circle at the Biennium in November 2021. Direct link to Donate today: [Sigma Nursing-Donate Link](#)

Yet it is more about humans, our patients, our nursing brothers and sisters globally, than personal recognition. It is about health as a human right. The theme of International Nurse’s Day 2021 is “Nurses, A Voice to Lead”. The subtheme for 2021 is “A Vision for Future Healthcare”. Nurses are essential in transforming healthcare and health systems so that no person is left behind. Nurses are a voice to lead and are leading by improving access to care; enabling a people-centered approach to health; and ensuring their voices are heard in influencing health policy, planning and provision.

The past year has been a living challenge for all, yet especially in healthcare and the nursing world. 2021 provides an opportunity to stand together and speak as one. The global pandemic “has shown the world the important role that nurses play in keeping people healthy across the lifespan” (Kennedy, 2020). We must speak louder. We need to speak clearly. With the resources that we currently have available to us, it is no longer acceptable to deny any human the right to healthcare. Make 2021 your year to be a voice to lead “health for all”.

**IF 10 individuals meet my initial \$75 donation, we will have a Nurse Week opportunity drawing for a \$25 gift card (provided by me) among the Chapter Member donors; and I will personally donate an additional \$50 donation to the Foundation. Note: Must provide evidence of current donation by May 12, 2021 (Forward your acknowledgement email from Sigma).** That would be \$875 total coming from Iota Sigma members! Such an achievable Chapter Challenge goal. Let’s do this!

Kennedy, A. (2020). International Council of Nurses announces International Nurses Day theme for 2021. Nurses: A Voice to lead; A vision for future healthcare.  
<https://www.nursingnow.org/international-council-of-nurses-announces-international-nurses-day-the-me-for-2021/>

# SIGMA PRESIDENT RICCIARDI ARTICLE

Richard Ricciardi  
PhD, CRNP, FAANP, FAAN  
Sigma President 2019-2021

CALL TO ACTION  
**INFUSE JOY**

@RichardRicciar3  
@richardricciardi  
Richard Ricciardi

Awareness | Balance and Purpose | Co-Creation

In case you missed it: Richard Ricciardi, PhD, CRNP, FAANP, FAAN, Sigma President 2019-2021, wrote The Most Difficult Year, discussing the reinforcement of the need of 3 elements of the Infuse Joy Call to Action. You can read the full article here: [The most difficult year.](#)

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# Reflections on the 2020-2021 Academic Year: The Impact of a Pandemic

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Collated by Dr. Vicky Bowden

Contributors:

Lily Ng - Student, ELM Program, Cohort 101, Monrovia

Dr. Shirley Farr - ELM Program

Trish-Ann Taylor - Student, MSN/Ed, Online

Dr. Geoffrey Schroder - Masters of Nursing Education Program

This past year has been a time of challenges and growth. We asked a few students and faculty to share their reflections around four key questions.

***Since last March when the university closed down, what has been the biggest challenge for you professionally?***

**Lily Ng** - Professionally, my biggest challenge since last March when the university closed down has been: trying to cope with online courses, reduced hands-on and clinical experiences, and lack of human interaction (with professors and with peers).

**Dr Farr** - The internet network challenges working at home when the internet goes in and out. Making sure that resources were available in the online format.

**Trish-Ann Taylor** - The biggest challenge I have experienced is getting access to preceptors and in networking with other nursing leaders. Many hospitals have closed their doors to clinicals so exploring individuals to serve as my preceptors for classes has been my greatest challenge.

**Dr Schroder** - The biggest challenge for me personally was entering the Faculty Chair role the week prior to the lockdown. Instead of being able to meet in person and informally on campus, I had to learn my role while working from my home office that is not nearly as spacious or as well appointed as my office on campus and learn how to reach-out to colleagues via phone, text and other digital means rather than, for example, meeting for lunch or coffee.

***What is one of the surprise benefits of the changes you have had to implement in your job/school work over the past year?***

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**Lily Ng** - One of the surprise benefits of the changes I have had to implement in my job/school work since March has been: the time saved from having to commute, which allowed me to have more time to study and prepare for class.

**Dr. Farr** - Stretch breaks! Reading my stack of books, that have been on my list to read!

**Trish-Ann Taylor** – The program I am in is taught was taught almost exclusively online before the pandemic, and I have noticed that since the lockdowns started many of my professors are posting a lot more videos and arranging more meetings via video chat, which is nice because I feel like I know them now more than before the lockdowns started! I feel more of a connection talking with my instructors via video rather than just phone or email, so the video connections have been a surprise benefit for me.

**Dr. Schroder** – Since I do not have to drive to campus, I find I actually have more time available during the day to complete the things on my to-do list. My daily structure is now completely different: I check my personal emails & read my newspapers in the morning before starting my day instead of in the afternoon after coming home. And, I am able to enjoy lunch and sometimes a walk outside with my wife in the afternoons and help making dinners, so in many ways I have a higher quality of family life working from home.

***As we move forward in 2021, what do you hope the SON graduates have learned from this pandemic and this time of change?***

**Lily Ng** - Moving forward in 2021, I hope that our graduates learn self-care, patience, and understanding from this pandemic.

**Dr. Farr** - Making sure that they work into their schedule 'me time' and stretch breaks and not just sit in front of a computer. That flexibility in all areas of education is a plus. That celebration with friends and family can be a phone call or zoom/google meet meeting. Time is valuable, not having to drive so much. Baking and cooking are wonderful outlets!

**Trish-Ann Taylor** – Two things: resilience, and grace. I found that when I was stressed and had anxiety during the first days of the lockdowns, I found I just had to take a “chill pill” and know that God was in control; so, learning to lean on Him for support and guidance has been an important lesson I hope we all have learned.

**Dr. Schroder** – I hope one thing everyone has learned is to be flexible and resilient, and learn to teach out to others when they need support or help. Several of my students (and quite a few co-workers) have been affected by having to work from home and sharing internet bandwidth & computer resources with their significant others and children, and have found sometimes just being able to offer supportive feedback and a virtual hug to be very reassuring; so, understanding the importance of support and presence in our relationships is so very important.

***During this time of social distancing, what are the ways you have found to strengthen your relationships with colleagues, students, your family and friends?***

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**Lily Ng** - During this time of social distancing, I found that keeping in touch and checking in on each other via messages, emails, phone calls, Zoom, and Facetime has strengthened my relationships with my peers and family.

**Dr. Farr** - Emailing and having google meet/zoom/phone meetings with faculty each month in place of seeing each other at the office. Random emailing all students that are in the ELM program when I have unique flowers blooming, snow, sunrises from my mountain home and just checking up on them, letting them know that I include them in my daily prayers. Also, making sure the students have difficulty with the online environment (a few have children at home too), referrals to CAREs program and seeking tutoring assistance for them. My family ~ we had birthday celebrations in driveways, anniversary celebrations on back patios, Thanksgiving was on a Saturday, 2 weeks before Thanksgiving; I made Christmas cookies via zoom with all my grandchildren; Christmas was celebrated January 2nd, we had the celebrations outside, and had to wait for the weather to be a warm 50 degrees without clouds, rain or snow. We grew big summer gardens this year and shared our produce....and two of my children's families have chickens, so we are enjoying fresh eggs now. One of the best things that has happened for me is strengthening my soul, I do stretches in the morning with a bit of yoga, and make sure that the first hour I am awake I spend reading from the one year Bible, journal, and also read a few pages from my book stack. I also make sure I take walks & swim (weather permitting).

**Trish-Ann Taylor** – By far, the tools I found most useful were group texts and emails, and other digital communication. I think all of my family and friends used them before but they were not the primary way we communicated. Now, that is how we all connect.

**Dr. Schroder** – I think the most important tool during the pandemic lockdowns has been my computer camera & video recording software, as I now communicate via video chat and videos in my class much more than when we were all in class at the same time. Before the pandemic, none of my friends or family members knew how to use or had any interest in knowing how to use Zoom or FaceTime. Now, they are my standard method of communication with my family members who live out of state. My wife and I have been watching Mass on TV most days, and reaching out to our pastor via email to keep up with our church family.



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## INTERN SPOTLIGHT - ALICE SONG

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I am Alice Song, and I am a student nurse attending APU High Desert Regional Campus. As of now, I am undecided on which type of nurse to become. I am interested in learning more about oncology, research, cardiothoracic nursing, and providing care to critically ill patients. As I gain more knowledge and experience, I believe that I will develop a better understanding of the specific department I would like to work in.

During my free time, I enjoy reading, going on whale watching trips, listening to podcasts, and spending time with family and friends. A few of my favorite books I read during the past few months were *The Peacemaker* by Ken Saude and *Mr. Penumbra's 24-Hour Bookstore* by Robin Sloan. I also love whale watching because when I volunteered at the Aquarium of the Pacific, I had many opportunities to teach passengers about the marine mammals we saw throughout the trip. A fun fact about me is that my favorite marine animal is the Mola Mola Sunfish.

I am honored and thrilled to have the opportunity to build professional leadership skills as a student intern. I consider much of my life as a series of lucky events whether that be where we are, who we know, or who has taken the time to invest in us. I know that I would be nowhere without the guidance of my mentors, professors, and peers. I am so excited to learn and become more involved in Sigma. Cheers to a lifetime of learning!

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# IOTA SIGMA CHAPTER INFORMATION MEETING FEBRUARY 2021 SYNOPSIS

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Four evening virtual meetings provided by Viann Duncan (Co-counselor) and two of our student interns (Lily Montoya (TUG BSN) and Alice Song (HD 2+2 BSN) were held on February 23-26, 2021 and were well-attended by students at all campuses and programs. This is the first time holding multiple meeting options and it turns out that is best!

LVN-BSN, RN-BSN, HD 2+2 BSN, TUG BSN, ELM, MSN, Ned, HAL – and online programs, from all campuses to total **63 students** combined for all four sessions.

We are very pleased to see increased student interest as well as receiving questions. We shared [Membership Criteria](#) which can be found on our APU SON Sigma page. At the bottom of the page is our Iota Sigma Membership Brochure.

We also shared FAQs and the Sigma International website where you can find free CE's and webinars, and of course, much more as a member.

Stay connected: [IotaSigma@apu.edu](mailto:IotaSigma@apu.edu)

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# APU SON RESEARCH SYMPOSIUM

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## 16th Annual Nursing Research Symposium Webinar in 2021

The Pandemic: Local and Global Impact on Nursing, Public Health, Education, and Research  
[Register Now for the Nursing Research Symposium Webinar](#)

### Dates and Times

- April 21, 2021, 8 a.m.-1 p.m. PDT
- April 27, 2021, 5 p.m.-6:30 p.m. PDT
- April 29, 2021, 5 p.m.-6:30 p.m. PDT

Azusa Pacific University's School of Nursing and the Iota Sigma Chapter of Sigma Theta Tau International invite nursing and public health professionals, as well as faculty and students, to the 16th Annual Nursing Research Symposium Virtual Webinar to present research and dialogue about the impact of the COVID-19 pandemic.

This year, the focus is on the impact of the COVID-19 pandemic on nurses, nursing educators, and healthcare systems. We have four learning goals:

1. Evaluate the impact of the COVID-19 global pandemic on healthcare systems in 2020-2021.
2. Raise awareness of cultural and diversity factors associated with COVID-19 and health care.
3. Describe research findings related to nurses and care of patients and families in various settings.
4. Discuss pandemic-related implications on nursing education now and in the future.

The symposium features international speakers with a culminating presentation from Dr. Patricia Benner. Please use the link above to register and visit [our website](#) for more information. The sessions will be recorded and the poster session will be available for a full month for those unable to attend the live event. Hope to "see" you there!

Submitted by Marilyn Klakovich, Research Chair, Iota Sigma

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# NEWS YOU CAN USE MARCH 2021

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## NEWS YOU CAN USE

MARCH 2021

*News You Can Use* contains information from Sigma that is written in short format and is easy for chapter leaders to copy and paste into newsletters and *Sigma Update*, onto websites, and any other place you communicate with members. Use the messages below to keep in touch with your members regularly and help them stay informed.

### **Save time renewing your membership**

Sigma now offers automatic membership renewal that allows for you to opt in to automatically renew your membership each year. Select this option in [My Membership](#), where you will be prompted to enter a credit card that will remain on file and will be charged annually when your membership is due to renew.

### **Verify your contact information on file**

Help us stay in touch! Take the time now to make sure Sigma has your most recent contact information. If you have a university email address listed, consider changing it to improve email deliverability and so we can stay in touch after you graduate. Click on the menu on your My Membership site (<https://Membership.SigmaNursing.org>) to verify your information.

### **Be a Sigma volunteer!**

Volunteer Week is 18-24 April, and there are many ways that you can give back!

Complete your [volunteer profile](#) on The Circle so you can be matched with volunteer opportunities that interest you most. Many opportunities provided by headquarters can even be done virtually. Don't forget to "[opt in](#)" to receive volunteer notifications so you can be emailed when opportunities match your volunteer interests.

Join Sigma for a quick tour of the volunteer system available to Sigma members and learn about the opportunities available to you to serve! If you can't attend live, register anyway and we'll send you a recording after the session.

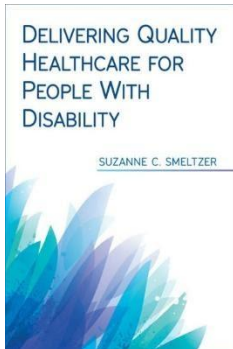
Wednesday, 7 April at 10:00 a.m. Eastern

[Register.](#)

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### Sigma backgrounds for phone, desktop, and virtual meetings

Put your passion for nursing on display with a background from Sigma. Options are available for both phone and desktop screens, as well as a background that can be used for virtual meetings on platforms like Zoom. [Browse and download.](#)



### Use your member discount on Sigma books

Sigma members receive a 10% discount on books offered through the Sigma Marketplace. Delivering Quality Healthcare for People with Disability US \$49.95

<https://www.sigmamarketplace.org/inspired-healthcare>

*Delivering Quality Healthcare for People with Disability* provides a road map for nurses, nursing students, and other healthcare professionals to deliver quality healthcare for individuals with disability.

### Access your free Sigma member CPD



Sigma offers members multiple ways to earn free nursing continuing professional development (CPD) credits. Listen to past recordings of the scholarly podcast [SigmaCast](#), view recordings and register for [upcoming webinars](#) taught by content experts, or browse Sigma's catalog of [free member CPD courses](#). Take advantage of these benefits only available to Sigma members!

Take a look below at the highlighted free member CPD course, Community Health Nursing.

Community health nursing combines public health sciences and nursing theories to improve and sustain the health of populations in communities. This course provides an overview of community health nursing history, poverty, sustainability, and the health care needs of developing countries.

### 32nd International Nursing Research Congress

Join Sigma in Singapore to connect and engage with over 800 nurse researchers, students, clinicians, and leaders who are focused on evidence-based research. Attend congress, 22-26 July 2021, for exceptional learning opportunities, award presentations, networking, cultural experiences, and more.

[Learn more and register.](#)

### Register early for Sigma's 46th Biennial Convention!

[Early registration is now open!](#) We hope you'll join us for our largest event, where more than 2,000 Sigma members and global nursing leaders will convene for knowledge sharing, networking, and camaraderie in Indianapolis, Indiana, USA, 6-10 November 2021.

Please note: We are monitoring world events and restrictions. We are working on developing the virtual content that will be offered based on abstracts and scheduling. [Please stay tuned](#) for the latest details.

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# Sigma Virtual Leadership Conference 2020 Report

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In September, 2020, several of the chapter leaders attended a virtual conference presented by Sigma's national team for the purpose of helping local chapters gain in membership, enthusiasm, and involvement in the larger community. We'd like to share information on two of the sessions we each attended.

Breakout 1: Escape Rooms and Beyond: Thinking Creatively about Chapter Programming.

As many of you have probably experienced this past year, we can only attend so many online webinars and meetings before getting "Zoom fatigue." Doing Escape Rooms is a great way to learn and have loads of fun at the same time. So stay tuned. We may be trying a virtual escape room for one of our future events.

Breakout 2: Communication Strategies to Boost Member Engagement:

Presenter shared the 8 C's of Communication to craft messages that are inviting, engaging, and pertinent to audiences. These are: Courtesy, Clarity, Conciseness, Concreteness, Correctness, Completeness, Consideration and Camaraderie

Submitted by Marilyn Klakovich, Research Chair and Finance Chair

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Two favorites that I attended are listed below:

Breakout 2: Communication Strategies to Boost Member Engagement

I found the 8 C's of Communication (listed above) very clear and important to use with regular chapter communications. All board members should keep these guidelines in mind when communicating to our chapter members at large. When you think about it, these guidelines are applicable to situations outside of Sigma as well. Your chapter, Iota Sigma, already has our own email ([iotasigma@apu.edu](mailto:iotasigma@apu.edu)) to facilitate quick communications. Stay connected with us via The Circle discussion board, and email us with your ideas and questions!

Breakout 3: Creating Chapter Visibility and Promotion

This was a helpful reminder to keep our Iota Sigma Chapter visible especially in these Virtual gathering times. With limitations on face-to-face gatherings, this is more important than ever! My take-aways were to maintain our Iota Sigma Information sessions annually; update the SON Iota Sigma webpage with current membership information; contribute to the APU school Alumni newsletter on a regular basis; maintain our Newsletter practices biannually; and, regular email blast updates.

Submitted by Dr. Patricia Esslin, Iota Sigma Chapter President

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I was able to attend several program sessions, the first was on Communication Strategies to boost membership. There were many creative ways to boost membership and to add a community connection throughout our chapter. The ideas were streamline and provide communication early enough for potential members and members enough time to respond for active participation, to make sure to reach all membership (e.g. students and nurses). A thought to facilitate this process is to create a communication plan using the linear models as provided on this program.

The second program was Creating Chapter Visibility and Promotion. which provided the importance of establishing and maintaining a positive brand reputation. To promote visibility, within our own communities and within the Sigma organization is important to maintain that connectivity among all members and organizations. This would assist the community to see the value in partnering with Sigma and the potential of funding for Sigma projects and for other nurses to see the value of membership as a nurse leader and goodwill and positive social impact that potential members would value.

Submitted by Dr. Lydia Garcia-Usry, Iota Sigma President-elect

# SPN BOARD ANNOUNCEMENT

Iota Sigma Member, Kathleen VanAllen, was elected to the President-elect role for the Society of Pediatric Nurses. Congratulations Kathy!



**Announcing SPN's Newest Board of Directors and Nominating Committee Members**  
Please join us in congratulating our new SPN Board of Directors and Nominating Committee members!



**Kathleen Van Allen**  
MSN, RN, CPN  
SPN President-Elect



**Ann Bowling**  
PhD, APRN, CPNP-PC, CNE,  
CHSE  
SPN Secretary



**Michaela Lewis**  
DNP, ARNP  
SPN Director-at-Large



**Michele A. Mendes**  
PhD, RN, CPN  
SPN Nominating Committee



**Laura Kubin**  
PhD, RN, CPN, CHES  
SPN Nominating Committee

The newly elected Board of Directors and Nominating Committee members will begin their volunteer terms following SPN's 2021 Annual Conference next April.

Society of Pediatric Nurses | 330 N. Wabash Ave. | Suite 2000 | Chicago, IL 60611  
P: 312.321.5154 | F: 312.673.6754 | E: [info@sodpurses.org](mailto:info@sodpurses.org) | [www.sodpurses.org](http://www.sodpurses.org)



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# SPRING 2021 IOTA SIGMA MEMBERS IN THE NEWS

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## Iota Sigma Members in the News

**Christine Lee**, MPH, RN, BSN, PHN, CPH, CHES, PhD student

Was awarded the [Graduate Nursing Student Academy \(GNSA\) award for PhD-DNP Collaboration Excellence](#)

**Christine Lee** (PhD student) works to empower communities through education, research, and advocacy to sustain positive change in the lives of women and children. Research interests include integrating structural opportunities to address reproductive justice and equity and integration of nursing practice within the health policy sphere to advocate for the maternal-infant dyad. Christine collaborated with another Azusa Pacific University student (DNP student), Bridget Miranda on their joint project: Preserving Maternal Infant Attachment in COVID-19: Integrating Policy and Nursing Practice. As a nurse practitioner and educator, **Bridget Miranda** advocates for creating pathways toward improved neurocognitive development of high-risk infants by promoting maternal mental healthcare. Emphasis is placed on the synergy of nursing practice combined with health policy to ensure equitable representation of the maternal-child population through translational research.

Congratulations Christine and Miranda!

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## IMMIGRATION TRANSITION PROCESS IN ASIAN WOMEN: A SCOPING REVIEW

May San, RN, MSN, FNP-C, APRN: [msan@apu.edu](mailto:msan@apu.edu)  
Christine Lee, RN, MPH, BSN, PHN, CPH, CHES

### Statement of the Problem

*Immigration transition* brings unique physiological and psychological challenges to immigrants, and their lived experiences impact their health outcomes. A synthesis of the available knowledge about Asian American women's transition is needed, given limited literature on the immigration transition process. The purpose of the scoping review is to explicate the experience of Asian immigrant women during their transition to the U.S. This scoping review aims to (a) discern the effects of migration and transition of the health of these individuals, (b) identify the gaps in research literature on Asian women's migration and transition process, and (c) recommend areas for future research.

### Methods

The Joanna Briggs Institute and Arksey and O'Malley's methodology served as the framework for this scoping review. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flow diagram was utilized as a guide to the review and screening process. Eligibility criteria included full-text studies published in English in peer-reviewed journals from 2014 to 2020 and addressed immigration transition in adult Asian women between 19 to 100 years old. CINAHL plus full text, Cochrane, Google scholar, MedLine, PsychINFO, and PubMed



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were searched utilizing the broad keywords: *immigration transition AND Asian women*. A total of five articles meeting the inclusion criteria were selected for this review.

### **Implications and Significance**

The information gleaned from this scoping review demonstrates that immigration transition has positive physiological impacts on health outcomes. The immigrant women's lived migration experiences redefined their self-identity. Immigration status, the length of stay in the United States, and the level of acculturation lacked significant influence on immigrants' physiological symptoms. However, characteristics or motivational factors for migration were not addressed in the selected studies.

### **Recommendations**

Further research is needed to broaden our knowledge in identifying the determinants of the health of female Asian immigrants. Limited studies have been published examining the immigration transition process and the role it plays in the physiological and psychological health of female Asians. The review recommends further studies to use Meleis' Transition theory to promote an in-depth understanding of the immigrant's transition process to ease the transition process of Asian American women.

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**Catherine (Katie) McCoy Hill** DNP, APRN, CCRN, CNS, ANP-BC, Assistant Professor earned her Doctorate of Nursing Practice in December 2020.

Project Title: **MEDICATION RECONCILIATION IN A GI/HEPATOLOGY PRACTICE: A QUALITY IMPROVEMENT PROJECT**

Abstract

*Problem and significance.* Use of multiple medications including prescription drugs, over-the-counter agents, vitamins and minerals, and herbal and dietary supplements is common in individuals with chronic disease. Inconsistency between medications prescribed by clinicians and what is actually taken by patients contributes to unintentional medication errors and harm risk. Medication reconciliation, an evidence-based strategy to reduce preventable discrepancies, has been shown to have a significant effect on mitigating errors, reducing adverse drug events, and improving patient safety in outpatient populations. *Project purpose.* The purpose of this quality improvement project was to determine whether education and implementation of a standardized, evidence-based medication reconciliation protocol increased rates of medication reconciliation completion by providers in a specialty Gastroenterology/Hepatology practice. The primary aim was to improve performance on the Centers for Medicare and Medicaid Services Electronic Clinical Quality Measure (eCQM) *Documentation of Current Medications in the Medical Record*, a national quality measure for patient safety. *Methods.* The project design was a time series quality improvement study. Data were collected on measure performance at four time periods: time 0—at baseline prior to an educational intervention and medication reconciliation protocol implementation; time 1—at week three during protocol implementation; time 2—at week six; time 3—at week nine; and time 4—at week 12 of protocol implementation. *Data analysis.* Analysis of aggregate eCQM data compared rates of medication reconciliations completed by providers across the time intervals. The difference in outcome measure performance was analyzed using descriptive statistics; Chi Square analysis was performed with significance level  $p < 0.05$ . *Results.* The results showed an improvement in rates of medication reconciliation

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completion from baseline that ranged from 3.71% to 5.56%. The increase was not statistically significant. *Conclusions and implications.* Medication reconciliation is a high-priority practice to promote patient safety related to unintentional medication errors by clinicians or by patients themselves. The study confirms the challenges of implementing medication reconciliation in ambulatory care settings. There is a need to further investigate and consolidate best practice interventions, including clinician education, based on patient population and clinic characteristics in outpatient sectors.

*Keywords:* medication reconciliation, medication review, outpatient or ambulatory care setting, medication list accuracy, medication management, patient medication list, adverse drug events.

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**Gabrielle Johnson DNP, FNP**, earned her Doctorate of Nursing Practice in December 2020.

Project Title: **FETAL ALCOHOL SPECTRUM DISORDER (FASD) HEALTHCARE POLICY AND HOMELESSNESS: AN ANALYSIS AND CASE STUDY FOR PREVENTATIVE HEALTH SERVICES**

Abstract

*Introduction.* Fetal Alcohol Spectrum Disorder (FASD) is the most common preventable group of neurodevelopmental disabilities in the world and encompasses a range of cognitive, behavioral, and emotional disabilities. Birth defects and the degree of disabilities that occur depend on the amount of alcohol consumed, the developmental stage of the fetus, duration and frequency, and the mother's state of health. However, no amount of alcohol is considered safe to consume during pregnancy. Evidence indicates that homeless women have an increased risk of having a child with FASD, leading to higher prevalence rates within the population. Although not every woman who ingests alcohol during pregnancy will give birth to a child affected with FASD, evidence indicates that approximately one in 67 women will. Identification, prevention, and intervention strategies are imperative and the key to decreasing the prevalence of FASD. *Methods.* Existing de-identified records (previously collected for evaluation of services at a homeless clinic) were reviewed in conjunction with available needs assessments conducted for homeless women in East San Gabriel Valley in Los Angeles, California. The review of records was used to complete a gap analysis, utilizing and adapting the following for the population: The Johns Hopkins Gap Analysis Needs Assessment Tool, the Agency for Healthcare Research and Quality (AHRQ) process, evidence-based literature, and professional standards and guidelines. A health policy analysis was conducted, aligned with stakeholder input for protocol development, with assessment of effectiveness, efficiency, and equity for policy development. *Results.* Four major gaps were found through the gap analysis process: 1) Screening of all women, including pregnant women, should be conducted through the use of the AUDIT screening tool and incorporated in all health visits due to the increased health outcomes associated with identification of unhealthy alcohol-related behaviors; 2) Implementation of a brief intervention (BI) approximately 5-10 minutes long should occur with all women of childbearing age and should be guided by the results from the AUDIT screening tool; 3) Referrals should be incorporated into the intervention to assist with increased maternal and child outcomes; and 4) Relationships should be developed with referral partners to ensure the resource is appropriate and professional and meets the needs of the patient. *Evaluation.* Formative and summative evaluation was conducted, including the Centers for Disease Control and Prevention Framework for Program Evaluation. The obtained recommendations from stakeholders were incorporated into an ongoing evaluation plan to assure sustainability for this systems-level intervention. *Implications/Conclusions.* The potential implications for this project include individual-, community-, and systems-level impacts. Individuals who are homeless and pregnant and/or non-pregnant women of reproductive age who seek services at homeless shelter facilities using this model and program will benefit from evidence-based care. FASD prevention strategies will benefit community prevalence and incidence rates of prenatal alcohol exposure and subsequent

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FASD cases. Further, description and characterization of demographics will assist in identification of population health needs in the region. Systems-level policy and protocol development will serve as a model for institutions serving homeless women of reproductive age demonstrating the use of needs assessment, gap analysis, policy development, and sustainable FASD prevention programs that will benefit future generations.

*Keywords:* Fetal Alcohol Spectrum Disorder, homeless, women, childbearing age, prevention, primary care, clinic, Los Angeles, California.

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**Laurie Lang PhD, MSN/Ed, RN, Assistant Professor** earned her Doctorate of Nursing Philosophy in December 2020.

Dissertation Title: **SELF-CARE MANAGEMENT IN HOMELESS ADULTS WITH HYPERTENSION**

Abstract

*Background:* Health problems suffered by homeless people include diabetes, COPD, and hypertension (HTN) with HTN being one of the most common chronic conditions. Hypertension selfcare (SC) is rarely evaluated; it is challenging with treatment regimens, symptom management, medication/health care (HC) costs, and psychosocial concerns documented, and it is often not available to homeless people. Homeless people experience limited access to primary care, HC system discrimination, and barriers to SC; however, little is known about their HTN SC processes. This study examined factors potentially related to HTN SC in homeless adults. The Theory of Self-care Management for Vulnerable Populations (Dorsey & Murdaugh, 2003) guided this study. The study *purposes* were to examine modifiable [economic situation (health insurance, usual HC source), education (health literacy)] and non-modifiable (age, gender, race/ethnicity) vulnerability factors; intra-personal factors [knowledge (HTN knowledge)], self-efficacy, social support (SS), and spirituality; SC management [symptom perception and decision-making, treatment adherence (medications, HC appointments, weight, exercise, diet)]; and the relationships between and among the variables. *Methods:* A descriptive, correlational/comparative design with convenience sampling of 92 homeless adults (with sufficient cognitive status (Mini CogTM score of > 3) who presented to one of five agencies providing HC/support services to the homeless was used. *Results:* Seventy-seven (83.7%) subjects had a usual HC source and received HC at 2.10 HC settings. The majority had adequate HL, < adequate HTN knowledge, high spirituality levels, and a social support network of one to nine people and were very/fairly satisfied with their received SS. Approximately one third were always/daily adherent to HC appointments and had moderate self-efficacy. Subjects with greater treatment adherence had more social support, self-efficacy, and usual HC sources. Subjects with greater symptom perception and decision-making had better treatment adherence and self-efficacy. Older subjects were more likely to have health insurance and less self-efficacy. Greater social support number was related to greater social support satisfaction. *Implications for practice:* Understanding HTN SC of homeless individuals is critical for HC providers. The provided knowledge and awareness of the homeless can inform future research and intervention studies and ultimately improve the health status and quality of life in this vulnerable population.

*Keywords:* hypertension, symptom perception, treatment adherence, self-efficacy, social support, spirituality.

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# Faculty Research Grant (FRG) 2020 Award

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Azusa Pacific University, announced the opening of the 2020-2021 Undergraduate/Master's grant cycle. The purpose of the FRG provides this call for proposals to APU faculty to foster collaborative research among the APU faculty.

I was able to be a recipient of the \$6,000 award to continue research in my rural community located in the High Desert. My research is to evaluate if food distribution sites (FDS) offer an impact for food distribution to vulnerable populations in rural communities during Covid-19.

My research study will include BSN nursing students and an MSN nursing student who will be acting as research assistants (RAs) in collecting the research data and assisting in the analyses of the data to determine the impact of FDS in food distribution to vulnerable populations in the HD community. The current research study will be compared with my initial research conducted in 2019 that determined the level of food insecurity in the HD community. By conducting this study I will be able to compare the level of food insecurity with the level of food insecurity with a disaster such as Covid-19. The information collected will assist FDS in identifying the need for FDS to provide food to vulnerable populations, especially during a Pandemic.

Submitted by Dr. Lydia Garcia-Usry

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# ACKNOWLEDGEMENT OF PHILANTHROPIC SPIRIT IN IOTA SIGMA CHAPTER

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**Acknowledgement of philanthropic spirit present in Iota Sigma Chapter members**

**Donations of US \$100 or higher to the SIGMA Foundation for Nursing in calendar year 2020**

Jose Alejandro

Cora de los Angeles Anonuevo

Marilyn Klakovich

Erlinda C Palaganas

Kathleen Taylor

Josefina Angeles Tuazon

**Supporting the future of nursing as 100<sup>th</sup> anniversary donors to the Foundation.**

# SPRING 2021 INDUCTION REPORT



## Spring 2021 Iota Sigma Induction news

By Debbie Clausen, DNP, MSN, FNP

The Iota Sigma chapter hosted the spring 2021 induction service on March 27. The COVID-19 virus remains persistent resulting in yet again, the need for a virtual program. Unlike the previous two pre-recorded virtual inductions, this most recent induction was live. For those who were unable to attend the live event, it was recorded which allowed inductees and families to watch the program at a later time.

A total of 78 new Iota Sigma members were inducted. Because the induction was a virtual event, all inductees received their cord, an Iota Sigma pen, an event program, and their certificate by mail in advance of the induction.

The new associate dean at the Azusa Pacific University School of Nursing, Ruth Mielke, PhD, CNM, WHNP-BC, was the speaker for the induction. Her timely topic was what can the profession of nursing expect in the next year. She also addressed the effect of COVID-19 on the nursing career. We look forward to a possible in-person induction at the next program in the fall of 2021. It is too soon to inform if that will occur. Stay tuned.



Image on right: Jason Lee - ELM - San Diego; Image on left: Tiffany Sorenson Futrell - MSN Psych Mental Health

# CALENDAR

<p>1-4 Easter Break 4 Easter 7 CE- PhD/DNP Collaboration Webinar 14 Board Meeting 21, 27 &amp; 29 Research Symposium</p>	<p><b>APRIL '21</b></p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> </tr> </tbody> </table>	S	M	T	W	Th	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<p>9 Mother's Day 12 Board Meeting 31 Memorial Day</p>							
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TBD Board Meeting  
19-31 Winter Break  
25 Christmas

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1 New Year's Day  
2-9 Winter Break  
TBD Board Meeting  
17 MLK Day

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TBD Board Meeting  
21 President's Day

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TBD Board Meeting  
7-13 Mid-Semester Break

## 2021-2022 IOTA SIGMA CALENDAR



Iota Sigma Chapter